



Senior Airman John Parie
Captain Tad Clark, Thunderbird show narrator, and Tech. Sgt. Jeremy Curby, Thunderbird crew chief arrive at Columbus Air Force Base. Thunderbird No. 8 came to CAFB Tuesday for a site survey meefing for the upcoming air show at the base April 9.

Arrival with thunder

Project to bring joint training for wings of silver, gold

Airman Alyssa Wallace
14th Flying Training Wing

Student pilots at Columbus AFB and Naval Air Station Meridian, Miss., will soon collaborae to make pilot training a joint service Good Neighbor project that will benefit the military as a whole.

After much planning, Col. Stephen Wilson, 14th Flying Training Wing commander, Navy Capt. Curt Goldacker, Naval Air Station Meridian commander, began the process with an initial meeting here Jan. 20.

The idea of joint pilot training was formulated more than 10 years ago, but eventually faded over the years.

"The purpose of the Good Neighbor project is to continue and restart the communication coordination between Navy and Air Force training in Mississippi," Captain Goldacker said.

Restarting training communication between the two branches includes frequent instructor visits to both installations to observe training techniques, review briefing techniques and share a weapons training range.

"I would like to see instructor pilots visit here and Meridian at least once a quarter," Captain Goldacker said.

Although primary joint training between the Navy and Air Force has already been implemented, Captain Goldacker said that more joint train-

ing is scheduled to begin throughout the country.

"Joint navigator training is scheduled to be implemented in 2010 for Air Force and Navy at Pensicola AFB, Fla.," Captain Goldacker said. "We're training the world's best Air Force and Navy pilots, and we need to get them at a joint level of training as soon as possible. They're our future leaders."

Still, even without joint training between Columbus and Meridian, Captain Goldacker believes that the training at both installations produces the world's best pilots.

"We have the best training in the world - we have the best instructors and the best assets," he said.

News Briefs

Enlisted EZ Day

The Columbus AFB Tax Center will sponsor an "Enlisted EZ Day" from 9 a.m. to 1 p.m. Saturday. Free movies and snacks will be available while filing for returns. Transportation will be provided from the enlisted dorms to the Tax Center between the hours of operation. Anyone wanting to attend must e-mail the center at appointments@columbusvita.com. For more information, call Ext. 7613.

MPF closure

The MPF Customer Service Section will be closed Monday for relocation to room 106. It will re-open Tuesday for during normal operating hours: 8:30 a.m. to 4:30 p.m. Monday, Tuesday, Wednesday and Friday; 8:30 to noon Thursdays.

American College Testing Assessment

The Education Services Flight is offering the ACT for military Active, Guard and Reserve from 7:30 a.m. noon Wednesday. This testing session is limited to 5 personnel. Anyone interested in taking this exam must call Ext. 2562 and schedule an appointment.

Information Awareness Training

All Columbus AFB network users must complete the 2006 Information Awareness training by March 1. Computer users may access the training by going to https://columbusweb/ and clicking on the 2006 Information Awareness Training link.

Inside



FEATURE 9
Fourth-quarter award winners receive recognition for their achievements

Security Forces transformation: much more than meets the eye

Senior Airman J.G. Buzanowski
Air Force Print News

WASHINGTON — As the Air Force continues to adapt for the future, changes to the security forces career field will affect the total force.

Brig. Gen. Robert Holmes, director of security forces and force protection, calls these transformations a "refocus" on how his people train and fight.

"We're not in the Cold War anymore; we have to alter our mentality and our practices for today's reality," the general said. "Because of the nature of the threat, our Airmen are fighting the global war on terror on the front lines, and we owe it to them to provide training, equipment and resources to be effective."

Essentially security forces Airmen will focus on preparing for their warfighting mission at forward locations, as well as security at a fixed installation, General Holmes said.

As an example, he cited an Air Force Task Force that operated around Balad Air Base, Iraq, for two months last year. The unit patrolled the local towns and found weapons caches as well as individuals who posed a threat to the base.

"Our Airmen are going 'outside the wire' to conduct missions and are proving successful in keeping people safe," Gen. Holmes said. "Not only for the

folks stationed at the base, but people who live and work in the local area as well. This is very important in the present war on terror."

Security forces Airmen must learn counter-insurgency techniques and in doing so, they'll operate more effectively in joint operations, said Maj. Gen. Norman Seip, assistant deputy chief of staff for air & space operations.

"We need to be prepared for a full-spectrum of threats against an air field," General Seip said. "That means taking more responsibility for defense of our mission, so our sister services can concentrate on their own tasks. We need to understand how they operate, so we're working closely with the Army to identify additional ways to train our Airmen."

While security forces will focus more on their warfighting competencies, Air Force leaders are reviewing several options for installation protection duties, like entry control, at home stations. Plans call for more DoD civilians, greater affiliation with Guard and Reserve and better use of technologies, General Holmes said.

The changes to the security forces career field will present the opportunity for other Airman to participate in installation security. While that doesn't necessarily mean everyone will have a rotation checking identification cards at a gate, it does mean more comprehensive training,

awareness and capability to respond and participate, he said.

"Will every Airman be a cop? No. But every Airman will be a warrior," General Holmes said. "Every Airman needs to be trained in basic force protection skills and must be prepared to defend an air base and themselves in the event of an attack. This means more than just qualifying with a weapon. We want Airmen to be comfortable with their duty weapon and to develop their shooting skills."

While definitive plans have not been finalized, General Holmes also said one of the transformation goals is bringing security forces Airmen back in step with standard Air Force 120-day deployments.

"Right now our folks are going out for 179-day rotations," he said. "Our Airmen need time to reconstitute and train, so it's important to get them in line with the rest of the Air Force. We aim to do just that."

Overall, General Holmes said the changes would make security forces Airmen more effective and relevant to Air Force needs in the face of the current changing nature of warfare.

"We want to make our Airmen more proficient, and to do that, we need to adapt," Gen. Holmes said. "We're going to change our training, our tactics and our procedures and the Air Force will be better for it."

SILVER WINGS

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Submission Deadline

The deadline for submitting copy for next week's SILVER WINGS is noon Monday. Articles may be dropped off at the public affairs office or e-mailed.

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Editorial content is edited, prepared and provided by the 14th Flying Training Wing Public Affairs Office of Columbus AFB, Miss. The SILVER WINGS staff reserves the right to edit or rewrite all copy submitted when necessary. All photos are U.S. Air Force photos unless otherwise stated.

Submit all advertising to the Columbus, Miss., Commercial Dispatch advertising department one week prior to desired publication date. The advertising department can be reached at (662) 328-2427.

The 14th Flying Training Wing congratulates the 14th Medical Group on its achievement as top small military training facility in the country. The 14th MDG placed first ahead of 15 other bases.

14TH FLYING TRAINING WING DEPLOYED

As of press time, **58 BLAZE TEAM members** are deployed world-wide.

Remember to support the troops and their families while they are away.

AFREP

The Air Force Repair and Enhancement Program is designed to help save tax money, and aircraft and equipment downtime by writing repair procedures on maintenance parts and submitting them for approval. Parts normally thrown away are instead repaired and made functional again. For questions or more information, contact AFREP manager David Watkins at Ext. 7539 or Randy Holmes at Ext. 2462.

COLUMBUS AFB TRAINING TIMELINE

PHASE II

Squadron	Senior Class	Squadron Overall	Track Select
37th (06-13)	9.67 days	0.45 days	Feb. 9
41st (06-12)	4.15 days	1.17 days	March 8

PHASE III

Squadron	Senior Class	Squadron Overall	Graduation
48th (06-04)	7.00 days	2.50 days	Feb. 10
50th (06-04)	5.84 days	1.91 days	Feb. 10

WING SORTIE BOARD

Aircraft	Required	Flown	Annual
T-37	2026	1763	9226
T-38C	866	926	4090
T-1A	850	848	3999

Graduation speaker: Brig. Gen. [select] Mike Moeller,

Tops in Blue



Airman 1st Class Cecilia Rodriguez

Senior Airman Jesus Espinoza, 14th Medical Operations Support Squadron, is serenaded by the female Tops In Blue vocalists to "Love Revival" during the 2005 show. Tops In Blue entertainers gave a two-hour performance for BLAZE TEAM members and local Columbus residents last year at Whitfield Hall on the Mississippi University for Women campus. The 2005 show, entitled "Musicology," featured a variety of rhythm and blues, jazz, country and rock music. For information on this year's show, see page 10.

New AF network logon procedures to be used in March

Capt. Richard Warr
14th Comptroller Squadron

The Department of Defense has established a Public Key Infrastructure to assure the protection, availability, integrity, authenticity, confidentiality and non-repudiation of data in the network environment.

The PKI provides the critical technologies and processes necessary to support our legal, operational and business needs.

PKI refers to the full range of services from generation, production, distribution, control and accounting of public key certificates to the network - support necessary to conduct electronic transactions.

PKI logons will be performed by using identification cards, in an effort to implement secure methods of transmitting information across the Air Force networks. In preparation for these PKI logons, each indi-

vidual will need to make sure that their ID cards have current e-mail, identity, and e-mail encryption certificates. People who have forgotten their personal identification number will be required to visit the Military Personnel Flight Customer Serve office in Bldg 926, Room 105.

The three digital certificates -- identity certificate, e-mail signing certificate, and e-mail encryption certificate -- are embedded in the integrated circuit chip of all ID or common access cards. Each user's workstation should be equipped with a CAC card reader. This reader allows each workstation to be able to read the CAC certificates and gives individuals all of their PKI capabilities.

The identity certificate will be used to digitally sign documents and to authenticate (log on) to networks and Web sites. The e-mail signature certificate will be used to digitally sign e-mails and the e-mail encryption certificate will allow users to encrypt and decrypt e-mails.

LEAD deadline fast approaching

RANDOLPH AFB, Texas — Airmen looking for opportunities to enter the commissioned ranks can apply for the 2006 Leaders Encouraging Airmen Development program until Tuesday.

LEAD is a program that allows commanders to nominate highly qualified Airmen for direct entry to the Air Force Academy or Preparatory School with the intention of an Air Force Academy appointment to follow.

Every year, appointments at the Academy and the Prep School are set aside specifically for Airmen. Currently, there are 85 vacancies at the Air Force Academy and 50 vacancies at the Air Force Academy Prep School for Airmen who meet admission criteria for the 2006/2007 school year.

To be eligible, Airmen must be under the age of 22 as of July 1 of the year they enter the prep school, or under the age of 23 to apply for direct entry to the Academy. Both options are limited to those with less than six years of service. The deadline for completing the AF Form 1786, Application for Appointment to USAFA for Enlisted Members, is Tuesday.

Commanders are encouraged to educate their qualified Airmen of this opportunity.

"The maturity and military experience of prior enlisted cadets make them ideal role models -- both during their time as cadets and as commissioned officers," said Air Force Chief of Staff Gen. T. Michael Moseley, in a recent message to senior Air Force commanders. More information about LEAD is available at base education offices. *(Courtesy of Air Education and Training Command News Service)*

DUI status

"Don't Drink and Drive"

Last DUI: Oct. 28, 2005

Days since last DUI: 91

Unit: 14th Security Forces Squadron



What's so great about Columbus AFB?

Lt. Col. Tom McClain
14th Flying Training Wing

As I prepared to depart for another permanent change of station this month, I began to reflect on my thoughts about Columbus, Miss., and this particular assignment to Columbus AFB. This is my second tour at Columbus AFB, by choice, and my third assignment in the Magnolia state. I'm asked quite often what it is that I find so appealing here.

While I recognize the dangers of waxing philosophical, I think there are a number of positive things that are true and worthy of comment. Many of you might be thinking, "What's the value added to my day in reading some sappy article about Columbus?" Take a minute more and I think the point will be clearer.

Almost without fail, most people assigned to Columbus discover that this is an awesome tour. The problem is that this realization often comes once the member and his or her family have moved on. They get somewhere else and start recalling all of the things they miss about Columbus, the friends they made while here and the impact this community made on their lives. So, let's take a second to smell the roses a bit.

To say that Columbus is along the beaten path of civilization would be a stretch. The one most common issue I hear raised by our "twenty-something" year-old pilot trainee population is the lack of abundant nightlife. I'll grant you that.

I'm from Los Angeles, where there was plenty to do every night. The city was hopping with any type of club, food or entertainment you could want, and my college grades were proof of it; we had it all. But as I thought about it, I began to remember what it was like living in that huge metropolis.

In every large city in which I have lived, whether it



was Los Angeles, Denver, Washington D.C., or the bay area, it was inevitably a 45-minute to an hour drive through traffic to get anywhere.

Columbus is a pretty quiet place -- a great atmosphere for a grueling year of intense pilot training with few distractions, yet it doesn't take long to get to nearby cities. Tuscaloosa, Ala., Birmingham, Ala., Tupelo, Miss., and Memphis, Tenn., are all a reasonable distance and brimming with culture and excitement.

Columbus itself has some great attractions like the Spring Pilgrimage and Antebellum Home Tours, the Plymouth Bluff Nature Center, Rosenzweig Arts Center, Market Street Festival and much more. There are great outdoor sporting opportunities all over this part of Mississippi. Did you know the TomBigbee Waterway is one of only two man-made structures visible from space with the naked eye? Hunting, fishing, boating you -- name it, they're all available. With two Southeastern Conference schools within spitting distance of the base, there are great SEC sports to enjoy nearly year round.

The local universities also offer a phenomenal opportunity for Air Force members and their families to advance their educational goals. MSU is rated as one of Kiplinger's "Top 100 Best Values" in public education. The University of Alabama and Mississippi State University are easily accessible with many classes taught on base and on-line.

I haven't yet mentioned the two most common reasons Air Force members appreciate Columbus after they leave. These are the people of this region and the members of the BLAZE TEAM.

This great city has thrown open its arms to the members of this base for more than 65 years now. Columbus is one of those military communities that actually considers us "their" base. Many Columbus AFB Airmen have chosen to settle here permanently, and you can't go very far downtown before you run across one of them. We live and breathe, worship and work among people who welcome us, as if we grew up here.

Columbus AFB has been a consistent source of pride and attachment for this community and that was never more evident than during the recent Base Realignment

and Closure process.

The ground swell of support we received manifested itself in nearly every facet of daily life.

In contrast to how Airmen sometimes overlook the value of living here, the city of Columbus has demonstrated time and again the value it places on this installation. Many of my best and most lasting friendships were cultivated right here in this community.

Finally, any discussion on the value of a Columbus assignment must address the tremendous opportunity given to each of us as members of the BLAZE TEAM. Building Leaders, Advancing Integrity, Service before Self and Excellence in all we do is more than a motto, it is a fact. The professionals here have repeatedly demonstrated that we do this business better than anyone, anywhere. Whether it is performance during an Operational Readiness Inspection or measuring the quality of a newly graduated pilot walking out the front gate, there is no question in the command about who is No. 1. That kind of excellence doesn't just happen; it takes a commitment to the effort from top to bottom.

We've been blessed at Columbus by great leadership. The strength of that leadership, many times, has been the willingness to get out of the way and listen to the talented folks in the trenches.

From the security forces to the flying squadrons, services to the pharmacy, the team here pulls together on the same end of the rope day after day, year after year. In two tours at Columbus across the span of 12 years, things haven't changed. Everyone on the team is vital and their contribution to the mission is an invaluable investment into the success of the whole.

So, I would encourage you to stop and contemplate the good things in life and consider the benefits of this assignment. There's much about Columbus to appreciate. We usually don't have trouble finding things we don't care for, but it takes a bit of effort to look for the best in any situation.

An assignment to Columbus can be a treasured experience if you approach it with a right attitude and then, as has been the case for me and my family, you'll be the better for it.

Straight Talk Line

The Straight Talk Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB better. The Straight Talk Line phone number is 434-7058. Callers should leave their full name and phone number to receive an answer. All names are kept confidential.

Written questions may be dropped off at the public affairs office in the wing headquarters building, Bldg. 724. People can also access the Straight Talk program through the BlazeWeb at <https://columbusweb> and the main Web site at www.columbus.af.mil. Questions and answers will be edited for brevity.

Letter to the Editor

I am pleased to pass on my sincere appreciation for all the assistance the BLAZE TEAM provided in making Friday's blood drive a great success. Your efforts were greatly appreciated by the Mississippi Blood Services and the 14th Medical Group. Because of the dedication shown by the BLAZE TEAM, there were 42 whole blood units collected, surpassing the goal of 30 units. These units collected will be processed into several different blood components to aid in the gift of life for up to 210 patients. Not only will lives be saved but your support will also save the Department of Defense at least \$2,600 across the United States.

Capt. Daryl White
Columbus AFB Blood-Drive Coordinator

Fourth-quarter award winners announced

FGO of the Quarter

Maj. Jack Colquitt, 41st Flying Training Squadron, is FGO of the Fourth Quarter for 2005. Major Colquitt's expert leadership of more than 140 students and instructor pilots led to the flawless execution of more than 90 missions every day. He is No. 1 out of 18 squadron flying supervisors, with zero Class A and Class B mishaps. Major Colquitt is a spiritual leader at a local church and has also donated his time to serve more than 400 meals to Hurricane Katrina victims in local shelters.



CGO of the Quarter

The CGO of the 2005 Fourth Quarter is 2nd Lt. Jamie Zeorlin, 14th Flying Training Wing. Lieutenant Zeorlin was hand-picked by 14th Flying Training Wing commander, Col. Stephen Wilson, for a critical Protocol duty. While at the 14th Comptroller Squadron, she secured more than \$8 million to pave and repair the base center runway project. Lieutenant Zeorlin is one of nine wing sexual assault victim advocates. She is enrolled in two master degree programs.



FC of the Quarter

The 2005 Fourth Quarter Flight Commander is Maj. Paul Dudley, 14th Operations Group. Major Dudley is No. 1 of seven flight commanders at Columbus AFB. His task management and actions prevented 25 divers and aided in three emergencies. He has also safely recovered a crippled jet in formation, saving two lives and one aircraft. Major Dudley is the head coach of a Caledonia, Miss., youth boys' soccer team and has led the team to a 10-2 record.



IP of the Quarter

Capt. Andrew Congdon, 41st Flying Training Squadron, was chosen as IP of the 2005 Fourth Quarter. Captain Congdon is No. 1 of 75 squadron instructor pilots. He is one of only two instructors to earn a "Exceptionally Qualified" rating during 2005. Captain Congdon is an outstanding aviator who was hand-picked by the squadron commander to fly with the 14th Operations Group commander to a conference at Randolph AFB, Texas.



SNCO of the Quarter

The Senior NCO of the Fourth Quarter for 2005 is Senior Master Sgt. John Wolfe, 14th Communications Squadron. Senior Master Sergeant Wolfe helped the Air Force reserve unit at Naval Air Station Meridian kick-start its automated training program. He also spearheaded the demolition for the old base control towers and other buildings with minimal notice. Sergeant Wolfe has also volunteered his time to clean up the Columbus AFB main gate entrance.



NCO of the Quarter

Staff Sgt. Shannon Giroir, 14th Security Forces Squadron, is NCO of the 2005 Fourth Quarter. Sergeant Giroir has had expert responses to bomb threats, ensuring the safety of more than 700 Columbus High School students and faculty. His quick actions extinguished a brush fire before it reached a 20-gallon propane tank. Sergeant Giroir is the youngest NCO to score more than 90 percent on initial a Flight Sergeant quality control evaluation.



Airman of the Quarter

The Airman of the 2005 Fourth Quarter is Senior Airman Karen Montgomery, 14th Comptroller Squadron. Senior Airman Mongtgomery was named Headquarters Air Education and Training Command's Financial Management Airman of the Year out of 180 contestants. She is the first 14th Comptroller Squadron Airman to receive the award. Senior Airman Mongtgomery is pursuing a Bachelors of Arts degree in psychology and has achieved a 3.75 grade point average.



Honor Guardsman of the Quarter

Staff Sgt. Brandon Burden, 14th Medical Operations Squadron, is the Honor Guardsman of the Fourth Quarter for 2005. Sergeant Burden has been the key participant in more than nine Honor Guard ceremonies. He has also executed firing party duties at three funerals. Sergeant Burden is dedicated to the local community. He helped a local church raise more than \$27,000 in two months.



Category I Civilian of the Quarter

Kristina Conwill, 14th Comptroller Squadron, is the 2005 Fourth Quarter Category I Civilian. Ms. Conwill was named the Best Government Travel Card Wing Coordinator in Air Education and Training Command. She finished as No. 1 on headquarters metrics for October, November and December. Ms. Conwill completed a semester of classes with a 3.84 GPA. She has also donated care packages to deployed troops.



Category II Civilian of the Quarter

The Fourth Quarter Category II Civilian for 2005 is Troyce Gottwald. Ms. Gottwald has provided detailed training to the new Financial Services Officer on the Reserve Travel System. She also served as the only Columbus AFB travel payment auditor. Ms. Gottwald has donated more than \$1 thousand in furniture, clothing and cookware to raise money for Western Alabama homes for the mentally disturbed.



Category III Civilian of the Quarter

Jonathan Linquist, 14th Civil Engineer Squadron, is the Fourth Quarter Category III Civilian for 2005. Mr. Linquist was awarded Headquarters Air Education and Training Command's 2005 Outstanding Individual Community Planner of the Year. He serves as a resource Reserve Air Force captain in the 78th Civil Engineer Squadron at Robbins AFB, Ga. Mr. Linquist is a young adult ministry leader for ages 18 to 35 at a local church.



Volunteer of the Quarter

Greg Havens, 14th Operations Group, is the 2005 Fourth Quarter Volunteer. Mr. Havens dedicated more than 112 hours during this quarter and has produced flawless products at the base arts and crafts center. He designed and built molding storage rack systems for the frame shop, which allowed the shops current stock to be stored. Mr. Havens also volunteers with custom framing and engraving. He helps guarantee that all orders are completed on time.



Tops In Blue: The premiere entertainment showcase of the United States Air Force will perform at 7 p.m. Tuesday in the Mississippi University for Women's Rent Auditorium. This year's edition of Tops In Blue entitled "...And The Beat Goes On" is an intricate mixture of music, energetic beats and the sounds of the 1940s to the music of today. Through the use of technology, Tops In Blue will present a performance showcasing hits with their own special spin. For more information, call Ext. 2504.

Super Bowl party: The club invites all football fans to the Services complex to watch the Pittsburgh Steelers play the Seattle Seahawks in the Super Bowl at 3:30 p.m. Feb. 5 with door prizes, game day snacks and a chance to win a recliner from No Place Like Home. Two club members will also walk away with a voucher for \$275 in NFL merchandise from www.nfl.com. For more information, call Ext. 2490.

Lunch buffets: The Columbus Club offers an all-you-can-eat lunch buffet from 11 a.m. to 1 p.m. Tuesday through Friday. Tuesday's menu is a super potato and soup bar with fried catfish. Wednesday's menu features a southern comfort buffet with fried chicken, smoked brisket and cobbler. Thursday is the backyard barbecue, and a bonsai buffet with teriyaki chicken, beef vegetable stir fry, fried rice and egg rolls will be served on and Friday. Cost is \$5.50 per person and includes iced tea or lemonade. For more information call, Ext. 2490.

Champagne Sunday brunch: The Columbus Club offers breakfast and lunch during its all-you-can-eat brunch from 10 a.m. to 1 p.m. Sunday. Cost is \$9.95 for members and \$12.95 for nonmembers; \$5 for members ages 6 to 12; \$7 for children of nonmembers; ages 5 and younger eat free. The menu includes marinated chicken breast, lasagna, baked fish, carved ham, tossed salad with assorted dressings, fruit tray, mashed potatoes and gravy, rice pilaf, rolls, and buffet, green beans almondine, balsamic grilled vegetables, California blend vegetables, omelet and waffle station, crisp bacon, sausage gravy, butter-milk biscuits, assorted homemade desserts and champagne. For more information call Ext. 2490.

Paintball birthday parties: The paintball field can be reserved for birthday celebrations, grudge matches or organizational play. Cost for groups of 10 or more is \$15 per person. Groups with less than 10 people must pay \$20 per person. Cost includes range fee, marker, mask, body armor, carbon dioxide and 200 paintballs. For more information, call Ext. 2507.

Daily Grind open Saturdays: The fitness center coffee shop, The Daily Grind, will be open from 6 a.m. to 4 p.m. Monday through Friday and from 8 a.m. to noon Saturday. A free espresso will be given after the purchase of nine espressos. For more information, call Ext. 2772.

Mongolian barbecue: The Columbus Club offers a dinner from 5 p.m. to 8 p.m. Feb. 3. Cost for members is 50-cents per ounce for all meat and vegetables selected.

Nonmembers pay \$3 more on the total cost of their meal. A children's menu is also available. For more information, call Ext. 2490.

Self help car wash: There is a self-help car wash located behind the youth center on Ninth Street. Cost is \$1 for five minutes. Customers may add a quarter for each additional minute before the time ends for an extended wash. Call Ext. 7842.

Memphis Grizzlies honor military families: Military families may enter a drawing for the opportunity to attend a 2005-2006 Memphis Grizzlies home game by picking up an application at the information, ticket and travel office. The winner will receive passes to a game for up to 10 family members, two parking passes and a \$10 concessions voucher per person. The chosen servicemember must have been deployed to the Middle East during the last four years for a period of no less than six months as a member of the U.S. armed forces. Eligible applications will remain in the drawing for every home game so families only need apply one time. The Grizzlies Foundation staff will give winning families at least one week's notice before the game to coordinate plans to attend. Call Ext. 7861.

Bowling birthday party package: The bowling center offers birthday party packages for Saturdays and

Sundays with a reserved seating area, a pitcher of soda for every four children, one 8-inch pizza for every two children, plates, utensils, napkins, an hour of bowling with six children per lane and free shoe rental. Cost is \$10 per child. For more information or reservations, call Ext. 2426.

Boss and buddy night: The Columbus Club offers an all-ranks boss and buddy night from 4 p.m. to 8 p.m. Thursdays in the Landing Lounge. A free taco bar is available for club members and nonmembers pay \$2.95. Wings are 25-cents each for club members and 50-cents for nonmembers from 4 p.m. to 7 p.m. Beverage specials are also available. For more information call, Ext. 2490.

Crafts classes: The arts and crafts center's upcoming crafts classes feature seasonal projects. Adult classes are at 10:30 a.m., 2:30 p.m. and 6:30 p.m. Tuesdays. Upcoming classes include a valentine door hanging, a heart shaped mosaic patio stone, an Uncle Sam wooden door hanging and a wooden "Home is Where the Air Force Sends You" sign. The youth classes are offered Wednesdays at 11:30 a.m., 2:30 p.m. and 4:30 p.m. Upcoming classes include homemade valentine cards, a patriotic door hanging and a gumball machine. A display of all projects is available in the arts and crafts lobby. Participants must register at least four days prior to the class date. For more information, call Ext. 7836.

B-I-N-G-O



Pam Wickham

Ed Slancauskas, 14th Civil Engineer Squadron, plays a game of shot bingo at the Columbus Club during lunch. All players have the chance to win up to \$1,000. Games can also be played during Boss and buddy Night Thursdays and from 5 p.m. to 6 p.m. Fridays at the Enlisted Lounge. Card are \$1 each. For more information call Ext. 2490.

Chapel Schedule

Catholic

Sunday:
9:15 a.m. — Mass
10:30 a.m. — CCD
5 p.m. — Confessions
5:30 p.m. — SUPT Mass
Tuesday:
7 p.m. -- RCIA

Protestant

Sunday:
9 a.m. — Adult and children’s
Sunday School
10:30 a.m. -- Contemporary service at
the services complex
10:45 a.m. — Traditional worship
service at the chapel sanctuary
Monday:
7 p.m. — Bible study fellowship
Wednesday:
11:30 a.m. — Lunchtime study
5 p.m. — Pot luck supper
6 p.m. — Video study
A Case for Kids
Pioneer Clubs
Thursday:
10 a.m. -- Ladies Bible Study
For information, call Ext. 2500.

Base Notes

Trash cans

Trash pick-up is on Mondays for Capitol
Housing residents and on Thursdays for
Magnolia and State Village residents.
Residents with trash or recycling recepta-
cles left curb-side later than noon the fol-
lowing day will be ticketed by the housing
office.

Free soil and mulch

Free top soil and mulch are available for
all on base housing occupants in the agri-
culture yard located on the gravel road adja-
cent to the Thrift Store. For more informa-
tion, please call Ext. 2840.

Speed dial saves lives

Columbus AFB Fire & Emergency
Services maintains two dedicated E-911
lines to handle emergency responses.
Please use 911 from base phones and cell
phones. Ensure when calling 911 to state
exact location on base. All emergency calls
will be will be forwarded to the base Fire &
Emergency services E-911 center.

Student Spouse Group

Past, present and future student
spouses are invited to a Student Spouse
Group Walk and Talk at 10 a.m. and
6:30 p.m. Feb. 15 beginning at the bus
stop at the entrance of Capitol Village.
The group is part of the Columbus
Officers' Spouses' Club and provides
spouses an opportunity to meet new peo-
ple and build resources. Children are
invited and no reservations are required.
For more information or questions, e-
mail Allison Adair at allison_adair@
yahoo.com or call her at 434-8714.

COSC social

A COSC wine and chocolare tasting
social is at 6 p.m. Feb. 21 at the
Columbus Club. Members and guests
will learn about and sample wines and
chocolate from a menu of palette
pleasers. Cost is \$13.50 with club mem-
bers receiving a \$2 discount. New mem-
bers are welcome. For reservations, e-
mail Jennifer Wood woodtjgg
@cableone.net or call 425-6059 by noon
Feb. 16.

Family Support Center

*(Editor's note: All activities are offered at
the family support center unless otherwise speci-
fied. For more information about any of the
activities listed, call Ext. 2790.)*

Deployment Briefings

Pre-Deployment Briefings are held daily
at 9 a.m. Family members are encouraged
to attend. For more information, call Ext.
2974 or Ext. 2790.

Spouse welcome

A welcome reception for spouses new to
Columbus AFB is from 10 to 11 a.m.
every Wednesday at the Magnolia Inn
Lobby. Spouses will receive gifts and
information about the family support cen-
ter.

Sponsorship training

A workshop designed for all unit intro-
duction monitors is at 9 a.m. Tuesday.
Training includes the importance of
effective sponsorship and resources avail-
able for both sponsors and newcomers.

Time management

A workshop on effective time manage-
ment is from 9 a.m. to noon Wednesday.
Participants will learn how to prioritize,

Airman’s best friend



Airman Alyssa Wallace

Eight year-old Belgian Malinois, Leon, helps watch for intruders with Staff Sgt. Robert Shoemake, 14th Security Forces Squadron, during Tuesday's commander's team building exercise. Leon demonstrated many skills he learned during his training to become part of the Air Force team.

set realistic goals and break large goals
into smaller ones. They will also receive
tips on how to execute daily lists, identify
external and internal “time wasters,”
reduce confusing communication and
develop ideas for becoming better organ-
ized. Anyone wishing to participate must
sign up no later than Monday.

Resumes

A workshop about different types of
resumes and how to write one effectively
is from 9 to 10 a.m. Thursday.

Bundles of Joy

A workshop for active-duty military
and spouses who are pregnant or have a
child four months or younger will begin
at 1 p.m. Feb. 7. Speakers will provide infor-
mation about finances, labor and delivery,
and infant care. The Air Force Aid Society

provides a gift package valued at \$65.

AFAS Grant

The Air Force Aid Society just increased
the individual award amount under its
General Henry H. Arnold Education Grant
Program to \$2,000. The program contin-
ues to be offered to dependent sons and
daughters of active duty, Title 10
AGR/Reservists on extended active duty,
Title 32 AGR performing full-time active
duty, retired, retired Reservists with more
than 20 qualifying years of service, and
deceased Air Force members. Stateside
residing spouses of active duty and Title
10 AGR/Reservists on extended active
duty; and surviving spouses of deceased
members are also eligible candidates. For
more information or an application, visit
the Air Force Aid Society’s web site at
www.afas.org.

Double Exposure Exhibit: A free exhibit of award-
winning photography from Alabama will be presented by
the Arts and Humanities Council of Tuscaloosa County in
the Bama Theatre’s Junior League Gallery through Feb. 24
in Tuscaloosa, Ala. For more information, call (205) 758-
5195.

Circus: The Ringling Bros. and Barnum & Bailey Circus
will be in Birmingham, Ala., until Sunday. For more infor-
mation, call (205) 458-8401.

Spirit of Women Getaway: The North Mississippi
Medical Center’s Second Spirit of Women Getaway is at
the BancorpSouth Center in Tupelo, Miss., from 8 a.m. to
5 p.m. Saturday. Activities include a cooking demonstration
by Southern Living, as well as health education, speciality
shopping, free manicures, a fashion show, massages and
makeovers. For more information, call (662) 377-4099 or
(800) 843-3375.

Ring World: The public is invited to join the Cassini-
Huygens mission to planet Saturn and its moons at the
Robert R. Meyer Planetarium Saturday. Cost is \$2 for
adults and \$1 for children. For more information, call (205)
226-4771.

Eleventh Moon story telling: Talented storytellers tell
stories of long of ago at an event held in a replica of a
Natchez Indians 1700s village Saturday in Natchez, Miss.
For more information, call (601) 446-6502.

Concert: The Mississippi Symphony will have a concert
at Mississippi University for Women at 7 p.m. Saturday.

Helen Keller student art show: This event will be held
at the Birmingham Civil Rights Institute beginning Sunday.
The event will display the journey through the Civil Rights
Movement of the 1960s on to the human rights and strug-
gles of today. For more information, visit www.bcri.org or
call (205) 328-9696.

Chinese New Year celebration: This free event will be
presented by the the Children’s Hands-on Museum in
Tuscaloosa, Ala., Monday. For more information, call (205)
349-4235.

Science Fair: Hunt Intermediate School’s science fair is
Tuesday in the school’s gymnasium. For more information,
call 241-7160.

Daily historic home tours: The public is invited to drop

by or call the Mississippi Welcome Center or Columbus
Historic Foundation for schedules of historic homes open
for tours. For admission or more information, call (800)
920-3533.

Community Volunteer Center: People in search of vol-
unteer opportunities can contact the Community Volunteer
Center at 327-0807, or visit the office at 501 Seventh St.
North, Suite 5, in the Plaza Building.

Computer classes: Lowndes County School District
offers free computer classes to adults of all ages, after-
school tutoring and drug awareness workshops. For more
information, call 329-7509.

Exchange Club: The Exchange Club of Columbus meets
at noon Thursdays at the Columbus Country Club. The
organization is a community service group dedicated to
programs and projects that aid in the prevention of child
abuse. For more information, e-mail exchange clubofcol
ubusms@yahoo.com.

**For more event listings, visit www.columbusms.org,
or www.tupelo.net.**

BARGAIN LINE

Bargain Line advertisement

The Bargain Line is free for all military members (including guard and reserve members), DOD civilians, military retirees, family mem-
bers and contract employees.
Bargain Line advertisements must be turned in to the Silver Wings office in the 14th Flying Training Wing headquarters building by
noon Monday to be included in the following week's issue. Late ads will be held over for the next issue.
Reruns must be phoned in to the Silver Wings office, 434-7068, by noon Monday for inclusion in the next week's issue. Please do not
re-submit ads for rerun on this form. Advertisements should contain a home phone number, home address or both. Duty phone num-
bers will not appear in the ads.
Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may
not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this
form completely. The Silver Wings staff reserves the right to edit ads as necessary.

Type of advertisement (circle one)	Home	Transportation	Miscellaneous	Yard sales	Pets
Print advertisement _____					

Name _____					
Home Telephone # _____ Duty Telephone # _____ (in case we need more information)					

Please let us know what you think of the Silver Wings:
Are you happy with the Silver Wings? Yes ☐ No ☐
What would you like to see more of in the newspaper? News ☐ Sports ☐ Photos ☐ Other _____
If you would like to give any other suggestions, please e-mail us at silverwings@columbus.af.mil.

Gaining Control



Airman Alyssa Wallace
Bregman Grey, 14th Security Forces Squadron, and Mo Bedell, 14th Mission Support Squadron, fight to get control of the basketball during a playoff game held at the base fitness center Tuesday. The 14th MSS beat the 14th SFS with a score of 57-48.

Intramural Basketball Playoffs Results

Jan. 19:

14th Operations Support Squadron	34
14th Medical Group	17

14th Security Forces Squadron	34
14th Flying Training Squadron	32

14th Mission Support Squadron	BYE
48th Flying Training Squadron	BYE

Jan. 24:

14th Mission Support Squadron	57
14th Security Forces Squadron	48

14th Operations Support Squadron	31
48th Flying Training Squadron	28

Thursday's Schedule

48th FTS vs. 50 FTS	6 p.m.
14th SFS vs. 14th MDG	6:45 p.m.
14th MSS vs. 14th OSS	7 p.m.

For more information, call Ext. 2772.

Healthier eating habits critical to losing weight

James Baker
88th Air Base

WRIGHT-PATTERSON AFB, Ohio — The health and wellness center, or HAWC, here has now initiated a new program that emphasizes healthier eating habits and weight control called Portion Off the Pounds.

The 10-week program offers weekly weigh-ins, nutrition education and an ongoing support group.

“The concept of the class is to show how to use portion control instead of always counting their calories,” said Nancy Gouveia, HAWC nutrition manager. “Done sensibly, 2,000 calories could be someone’s daily intake or just a meal-and-a-half for someone who makes numerous trips to fast-food restaurants.”

The idea of portion control is to divide your plate into four parts, Ms. Gouveia said. An example is one quarter for a healthy meat, one quarter for a whole-grain dish and the remaining half for two servings of vegetables. That healthy combination is only around 300 calories.

Ms. Gouveia said a video is shown in class of a man frequenting a popular fast-food restaurant for 30 days. Within a week his body fat increased by 5 percent and after 30 days he had gained 25 pounds.

“If people can lose 5 to 7 percent of their body weight, they can lessen the risk of diabetes by 58 percent,” she said. “This gentleman was literally killing himself with very unhealthy food choices.”

“Our diets have such an impact on weight control,” Ms. Gouveia said. “We show them they can practice calorie control that will incorporate less salt and sugar in their diet, which eventually leads to being less hungry.”

Some of the topics covered during the duration of the 10-week class include portion control, healthy cooking, shopping sensibly and eating healthy food on the run.

“We are trying to give everyone a lot of different options to help them control their weight,” Ms. Gouveia said. “The classes are both fun and interactive. “ *(Courtesy of Air Force Materiel Command News Service)*



U.S. Air Force Photo
Terry Bohannon holds a "portion plate" during the weight-reduction class, Portion off the Pounds, at Wright-Patterson AFB, Ohio, Jan. 17.